

Virginia School for the Deaf, Blind and Multi-Disabled at Hampton

FIVE CYCLE MENU – CYCLE TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Corn Beef Hash Scrambled Eggs Toast Fruit Juice Cereal	Ham Slices Oatmeal Boiled Eggs Milk Fruit Juice	Sausage Patties English Muffin Scrambled Eggs Cereal Fruit Juice	Sausage Links Waffles Milk Cereal Juice Yogurt	Scrambled Eggs Bacon Milk Fruit Cereal Juice
Lunch	Chicken Alfredo Salad Garlic Bread Broccoli	Cold Cut Sub Salad Chips Beets Pudding	BBQ Ribs Salad Potato Wedges Black eyed Peas Ice Cream	Chicken Chow Mein Salad Steamed Rice Cookies	Philly Steak Sub Salad French Fries Corn Cookies
Dinner	Soft Tacos Salad Spanish Rice Cookies	Baked Fish Salad Rice Pilaf Squash	Swedish Meatballs Salad Egg Noodles Lima Beans Brownies	Pizza Salad Broccoli	No Dinner Have a Nice Weekend!
Note: Bread, Milk Fresh/canned Fruit will be served for all meals.					

(MENU IS SUBJECT TO CHANGE)

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, or disability. If you believe you have been discriminated against, write immediately to:

U. S. Department of Agriculture
Washington, DC 20250

Prepared by: John Tyson, Food Service Manager II